

familiarity with lab techniques that were taught in the course (ELISA,  $p=0.00004$ , Flow cytometry,  $p=0.00005$ ) and terminology ( $p=0.0001$ ) after completion of the course. Analysis of the average of final grades across all students ( $n=38$ ) is 3.7 (on a 4.0 scale), suggesting most students mastered the course.

**Conclusion:** Overall, this course did appear to augment the student's familiarity and understanding of basic lab skills, and ability to assess biomedical literature. With the development of any new course, there are always challenges and successes, which included mainly time constraints, and addressing skill levels of varied student backgrounds. Students who pursue more in-depth laboratory research projects undergo further one-on-one lab trainings and individual mentorship within the MSiMR program.

**Contact:** Morgan Schafer, [mschafer@ncnm.edu](mailto:mschafer@ncnm.edu)

<http://dx.doi.org/10.1016/j.imr.2015.04.372>

#### OS16.05

##### Process of establishment of clinical knowledge of Korean medicine: obstacles and solutions -Project on a 3-year overview



MIJU SON, Ohmin Kwon

*Korea Institute of Oriental Medicine*

**Purpose:** This review discusses the obstacles faced while establishing clinical knowledge of Korean medicine (KM) and the steps taken to overcome these obstacles during clinical documentation of KM over the past 3 years.

**Methods:** To establish a clinical KM documentation process, the advisory committee held two meetings and one symposium in 2012. Two surveys were conducted to seek the clinicians' opinions. Based on the results, clinical KM documentation was continued for 2 years, and solutions to overcome obstacles were identified.

**Results:** Based on the results of the meetings, symposium, and surveys, algorithms based on clinical treatment processes and the generation of knowledge of western and KM are required. An initial evaluation of the developed algorithm was conducted via a peer review process, and data was generated. To maintain documentation consistency, peer reviews were conducted for revision. Although unresolvable problems, such as terminology discrepancy between western and traditional medicine and limited evidence, persist, continuous KM knowledge updating is critical to adapt to medical situations in Korea, which are based on traditional medicine and a lack of sound foundation.

**Conclusion:** Although several unresolved obstacles persist, continuous updates and peer reviews of clinical KM documentation are required to resolve issues via user participation web services.

**Contact:** MIJU SON, [mj714@kiom.re.kr](mailto:mj714@kiom.re.kr)

<http://dx.doi.org/10.1016/j.imr.2015.04.373>

#### OS16.06

##### Benefits of a Health Qigong program for elementary school students: A pilot study



Chunyun Wang<sup>1</sup>, Dong Chul Seo<sup>2</sup>, Hongtao Li<sup>3</sup>

<sup>1</sup> Francis Marion University

<sup>2</sup> Indiana University

<sup>3</sup> University of North Carolina at Chapel Hill

**Purpose:** The purpose of this study is to investigate the feasibility and potential benefits of participating in a Health Qigong program to reduce stress and improve classroom behaviors among children in elementary schools.

**Methods:** A Health Qigong program was led by a school teacher for two months in a classroom setting. A focus group of 30 fourth graders were interviewed and observed to investigate the potential benefits of this Qigong program. Post-effects were evaluated during a writing workshop.

**Results:** More than 85% of the students reported that they felt relaxed, quiet, happy, and good about themselves after participating in the Health Qigong program. The school teacher found students to be calmer and more focused on their writing, too.

**Conclusion:** This pilot study indicates that a Health Qigong program helps invigorate and relax the children in a classroom setting. It can also rejuvenate students in-between the daily, state-mandated, 90-minute writing session. A brief Health Qigong practice may serve as an effective stress reduction technique for children.

**Contact:** Chunyun Wang, [cwang@fmarion.edu](mailto:cwang@fmarion.edu)

<http://dx.doi.org/10.1016/j.imr.2015.04.374>

Oral Presentation Session 17: Health Service Research

#### OS17.01

##### The Use of Complementary and Alternative Medicine amongst Postmenopausal Women Experiencing Vasomotor Symptoms



Wenbo Peng, David Sibbritt, Jon Adams

*University of Technology Sydney*

**Purpose:** Vasomotor symptoms (VMS), including hot flushes and night sweats, are the most closely associated symptoms of postmenopause. This study is to examine the complementary and alternative medicine (CAM) consultations and use of CAM practices by postmenopausal women experiencing hot flushes or night sweats.

**Methods:** This study was conducted as part of the Australian Longitudinal Study on Women's Health (ALSWH), which consists of three cohorts of women ("young" 18-23, "mid-age" 45-50 and "older" 70-75 years) who were randomly selected from the national Medicare database in 1996. Data for this study were focused on the most recent survey of mid-age cohort women conducted in 2010, involving 6,610 natural postmenopausal women, 2,260 postmenopausal women

with hysterectomy, and 1,141 postmenopausal women with oophorectomy aged 59-64 years.

**Results:** Overall, the prevalence rates of women with oophorectomy, hysterectomy and natural postmenopause who experienced hot flushes were 40%, 40%, and 32%, respectively, while the rates of those who experienced night sweats were 31%, 31%, and 24%, respectively. Postmenopausal women with hysterectomy experiencing hot flushes were less likely to consult an acupuncturist and/or use aromatherapy oils. Postmenopausal women with hysterectomy experiencing night sweats were more likely to consult an acupuncturist. Natural postmenopausal women experiencing night sweats were more likely to use aromatherapy oils. In addition, hot flushes or night sweats were not predictive of individual CAM consultation and use of CAM practice amongst postmenopausal women with oophorectomy.

**Conclusion:** The prevalence rates of VMS in this age period of postmenopause are higher in comparison with previous estimates. Postmenopausal women who experienced night sweats favour the CAM consultation as well as CAM practice use. Further research is needed to better understand the decision-making process when postmenopausal women at different menopausal status choose CAM options for the treatment of VMS.

**Contact:** Wenbo Peng, [Wenbo.Peng@student.uts.edu.au](mailto:Wenbo.Peng@student.uts.edu.au)

<http://dx.doi.org/10.1016/j.imr.2015.04.375>

OS17.02

### The Exceptional Patient in Cancer Care

Moshe Frenkel

*Institute of Oncology Meir Medical Center*



**Purpose:** The topic of the exceptional patient with cancer has been a puzzling mystery and the phenomenon has not been formally investigated. The rare and spectacular occurrence of remarkable recovery, against all odds, that is totally inexplicable but real, is something that most physicians have seen within their practice. From time to time patients turn up with advanced cancer, beyond the possibility of cure, and without clear explanation they become free of disease or have survival that cannot be explained with the nature of their disease or treatment. Exceptional disease course and at times spontaneous regression of cancer is exceptional but a well-documented biological event. Further understanding of this phenomenon and of the possible mechanisms involved may have significant preventative and therapeutic implications. To date, the research that has examined these success stories is limited and there is no clear explanation for the phenomenon. Multiple speculations as to the mechanism of exceptional disease course have focused on physiological factors including immunological, elimination of carcinogen or antigen, anti-angiogenesis and tumor necrosis, apoptosis, and genetic and epigenetic mechanisms and possibly psychological mechanisms. Others note that a certain percentage of patients have undergone some kind of spiritual awakening before the remission took place, suggesting that the patients themselves had an important role in the healing process. Much of the literature is based on individual case reports. In this presentation we will

discuss obstacles related to researching this phenomenon and how to overcome them, and current findings and additional research being implemented on this topic.

**Methods:** Qualitative Research

**Results:** In process of finalizing results of current research will be available May 2015

**Conclusion:** In process of finalizing results of current research will be available May 2015

**Contact:** Moshe Frenkel, [frenkelm@netvision.net.il](mailto:frenkelm@netvision.net.il)

<http://dx.doi.org/10.1016/j.imr.2015.04.376>

OS17.03

### Obtaining personal health data from life-log for traditional medicine



Hyunchul Jang, Jinsoon Seo, Sanghyun Kim

*Korea Institute of Oriental Medicine*

**Purpose:** At doctor's office, a patient is asked a lot of question. Some questions are questioned face-to-face with the doctor, some are questioned by a nurse or a coordinator, and some are requested to fill out a list of questions. Some are clear to answer but others are hard question to answer definitely. Doctors as well as patients need accurate answers and it would be good if it is done in smarter ways.

**Methods:** We surveyed a number of questionnaires and check lists and examined some personal health devices and activity trackers. We analyzed the data from devices and trackers and classified personal health data.

**Results:** Well-known data like gender, birthdate, age, weight, height, pulse, temperature, blood pressure and sugar level are obtained with software on the current health platform but some data need to be calculated or some decisions need to be made by human.

**Conclusion:** Many questions are in regard to daily conditions like sleep, urine, defecation and sweat. These kind of questions are dependent on daily self-monitoring. An effective method to record daily self-monitored and recognized condition is necessary. And personal data are already stored at many applications and servers. This will help doctors check patient's exact condition and record their medical information.

**Contact:** Hyunchul Jang, [hcjang@kiom.re.kr](mailto:hcjang@kiom.re.kr)

<http://dx.doi.org/10.1016/j.imr.2015.04.377>

OS17.04

### A Comparative Study on Statutory Regulation of Traditional Oriental Medicine Practitioners



Ui Min Jerng

*Korea Institute of Oriental Medicine*

**Purpose:** To identify the characteristics of regulation system for traditional oriental medicine practitioners (TOMP) among its leading countries.

**Methods:** We searched statutes of twelve countries on regulation of TOMP, and compared their characteristics. Twelve countries were South Korea, China, Japan, Taiwan, Singapore, Malaysia, Australia, New Zealand, United King-